



CHILDREN & YOUTH RESOURCES

Help young people engage with the Climate + Water theme through fun, age-appropriate activities. These ideas invite children and youth to reflect on the importance of water in our world—and how we can all play a part in protecting it.

CHILDREN'S ACTIVITIES

MOANA WATCH-AND-MOVE

Use music and movement to explore water in a way that's active, fun, and memorable. This activity helps children connect emotionally with water through the story of Moana.

- **Instructions**

- Watch or play the song How Far I'll Go, which begins around the 16-minute mark of the movie Moana.
- Create simple hand or body motions for the lyrics and invite the children to follow along.
- Alternatively, host a Moana-themed dance party and singalong featuring the group's favourite songs from the film.

- **Discussion Questions**

- What does Moana love about the water?
- Do you like going to the water—like a lake, beach, or river?
- What are some ways the ocean helps Moana and her people?
- Moana listens to her heart when she makes a big decision. What does your heart tell you about caring for nature?

OCEAN IN A BOTTLE

This calming craft helps children appreciate the beauty of water and serves as a reminder of our responsibility to protect it.

- **Supplies**

- One-litre clear bottles with lids
- Natural materials (rocks, shells, sea glass, sand, or glass marbles)
- Blue or green food colouring
- Clear oil (like mineral or fractionated coconut oil)
- Funnel
- Glue gun
- Map of the Lake Chad region in Africa

- **Instructions**

- Fill the bottle halfway with water.
- Add natural materials.
- Add a small drop of food colouring.
- Pour in oil, leaving room for air.
- Seal tightly (use hot glue for extra safety).

- **Discussion questions**

- What do you love most about water—swimming, splashing, looking at it?
- What kinds of animals live in lakes, rivers, or oceans?
- What happens if water gets dirty or runs out?
- There's a big lake in Africa called Lake Chad. It used to be really big, but now it's much smaller. What do you think happens when a lake starts to disappear?
- What can we do to help take care of lakes, rivers, and oceans near us?

YOUTH ACTIVITIES

MOANA AND THE CALL OF THE OCEAN

Moana offers a powerful story about leadership, water, and restoring balance to the natural world. Use the film to invite reflection and discussion. (Be sure your church has the appropriate licence for public screening.)

- **Option 1: Short Film Discussion**

- Watch: Moana from 4:43 to 20:26
- **Key Moments**
 - Moana feels drawn to the ocean, despite being told not to go
 - She helps a baby turtle
 - Her community is facing food shortages
 - Her grandmother encourages her to follow her inner voice
 - She learns her ancestors were voyagers of the sea
- **Discussion Questions**
 - What is Moana's relationship with the ocean?
 - What is she being called to do—and what holds her back?
 - How are the ocean and food connected in her village?
 - What are the similarities between Moana's village and the Lake Chad region in Africa?
 - How would your community be affected if Lake Ontario shrank by 90%?

- **Option 2: Restoration and Resilience**

- Watch: Moana from 1:18:00 to 1:28:00
- **Key Moments**
 - Moana nearly gives up
 - Her grandmother's spirit encourages her
 - She restores the heart of Te Fiti, and life returns to the land
- **Discussion Questions**
 - What helps Moana keep going when she feels like giving up?
 - CLWR is working with partners in the Lake Chad region to plant trees, protect water, and restore the land.
 - How can you and your church support this kind of work?
 - What can you do in your own community to care for water and the environment?

YOUTH-LED ACTION PROJECTS

Encourage youth to take leadership in your congregation by:

- Leading a Shorter Showers Challenge to reduce water and energy use at home
 - Organizing a Lake or River Cleanup Day at a local waterway
 - Creating a Water Use Audit to track how water is used at church or school
 - Researching a local lake or river's importance and presenting their findings to the congregation
- **Reflection Questions**
 - What do you take for granted about water in your daily life?
 - How might your community be affected if your local water source dried up or became polluted?
 - What does your faith say about caring for water, creation, and your neighbours?